

FORGING THE FUTURE:



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Friday FACTS

28 January 2000

"Leadership, Partnership, and Championship"

AQD "62H" for Health Promotion Coordinator

Medical Corps, Nurse Corps, and Medical Service Corps Officers (Active Duty and Reserve) are eligible to apply for the Additional Qualification Designation (AQD), "62H" as a Health Promotion Coordinator. Criteria: Attendance at the Health Promotion Director (HPD) course, completion of the HPD certification exam, plus one year experience as a HP Coordinator. Currently eighteen (18) officers hold this AQD. Nurse Corps officers should submit their request with supporting documentation via their chain of command to the NC Career Plans Officer (MED-00NCB3). You can see a template for the submission of AQD codes in the Nurse Corps homepage under Subspecialty Code Management Information. Go to <http://bumed.med.navy.mil/med00nc/Division/division1.htm>. Active Duty MC and MSC Officers should consult their Career Plans Officer. If you are a Naval Reserve Officer, BUMED (MED-75) is the POC. Download BUMED Instruction 1001.2A (Assignment of Reserve Officers SSC and AQDs) from <http://navymedicine.med.navy.mil/instructions/external/external.htm> or call LCDR Smith at 202-762-3408, DSN 762-3408.

NEHC Body Fat Composition Lab

Location:
Sheraton
Norfolk
Waterside
Hotel
Harborside
(Eppington)
Room
(4th Floor,
Last Door on
Left)
Sunday, Jan
30 - Friday,
February 04,
2000

NEHC Workshop Attendees:

Do you know your body fat %? According to recent research, knowing your body fat % is more important than knowing your overall body weight.

The NEHC Health Promotion Council will be offering a free body fat composition lab to workshop attendees. This body fat composition lab will inform you of the approximate lean body mass (muscle, bone, body organ), and body fat pounds that is located on your body.

The lab is a 3 site skin fold caliper Jackson Pollock test, the most commonly used test for research purposes.

The labs and consultations are offered on a first come first serve basis, so register soon! Registration is located at the NEHC Workshop Registration area.

All body fat labs will be conducted at the Sheraton Norfolk Waterside Hotel, Harborside (Eppington) Room, 4th Floor, Last Door on the Left.

Exercise Sessions

Exercise Sessions will be available to all personnel attending the 40th Navy Occupational Health and Preventive Medicine Workshop, 6th Annual Independent Duty Corpsmen Conference, and the Annual Navy Health Promotion Conference

- Boardwalk Wellness Walk
- Cardio - Kickbox Aerobics
- Navy PTI Super Challenge Daily 16 and Cadance Call Formation
- Run with the Marines Yoga

Suicide Prevention in the Navy is the message and lead story in the Navy Wire Service (NWS) January 18, 2000 edition. For more information contact the NWS at: <http://www.chinfo.navy.mil/navpalib/news/navywire/.www/navywire.html>